



2019 GOALS MAPPING

How will you make 2019 your best year yet? The year that you look back on and think, “Wow – I accomplished so much more than I ever thought possible. I got exactly what I wanted, and more!”

The answer lies in **goal-setting** and **action plans**. You must get crystal clear on your goals for the next 365 days, write them down, and then create an action plan to move toward them and make them a reality. As Tony says, “If you talk about it, it’s a dream, if you envision it, it’s possible, but if you schedule it, it’s real.”

Make your goals real with this Goal Mapping worksheet. You’ll focus on three distinct key areas of your life:

1. Personal Growth & Contribution
2. Achievements & Experiences
3. Financial Freedom & Rewards

Everything around you in your life right now once started out as just a thought, a desire, an inspired moment. You now have the power to take your current thoughts and turn them into a tangible, promising future.

Create your compelling future. Build the life of your dreams. Make goals that will drive you – goals with some power behind them. **After all, goals are just dreams with deadlines.**

As you approach this exercise, be sure to put yourself in a positive, peak state. Have absolute faith and expectation that you can create anything you want in your life. Be enthusiastic. Be ambitious! Reach for the outer limits of what you believe you can achieve in one year. Find your place among the stars.

PERSONAL GROWTH & CONTRIBUTION

What are 3 ways you can enrich your life in the next year? Think about skills you want to master, characteristics you want to develop, relationships you want to cultivate or deepen, and how you want to improve your health, advance your career and contribute to the world. How can you grow towards the person you've always wanted to be?

GOAL #1

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal?

1

2

3

GOAL #2

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal?

1

2

3

GOAL #3

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal?

1

2

3

ACHIEVEMENTS & EXPERIENCES

What 3 things would you really like to have in your life in the next year? What would bring you pure pleasure or joy?

What trips do you want to take and what experiences do you want to create? What can you bring into your life this year that will add value to your days?

GOAL #1

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal?

1

2

3

GOAL #2

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal?

1

2

3

GOAL #3

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal?

1

2

3

FINANCIAL FREEDOM & REWARDS

Write down your top 3 financial goals for the coming year below. Get specific: How much money do you want to earn?

How will you grow your career and/or business? What would you like to learn? How much do you want to give?

Write down the goals that will make 2019 a financially rewarding year for you.

GOAL #1

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal?

1

2

3

GOAL #2

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal?

1

2

3

GOAL #3

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal?

1

2

3
